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Tuesday



LONG TIME COMING

Ross Detwiler's
gem ensures the Nats
a winning record **15**

NO END IN SIGHT

Syria rules out
further peace talks
until uprising is over **9**



CHARACTER ACTOR

**Michael Clarke
Duncan**, 'Green Mile'
star, dies at age 54 **25**



FOR EXTENDED FORECAST, SEE PAGE 37

SEPTEMBER 4, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

DEMOCRATIC NATIONAL CONVENTION

READY **FOUR** MORE?

President Obama heads to Charlotte on a mission
to convince voters he deserves a second term **11**



eye openers

VANDALISM

Conn. Vacation Goes Awry For Travelocity Gnome

A Windsor Locks, Conn., resident is asking police to investigate the vandalism of her lawn statue as a hate crime. The Journal Inquirer of Manchester reported Thursday that someone decapitated Darlene Fraga's Virgin Mary statue in July and replaced the head with a garden gnome. For information leading to an arrest, a \$1,000 reward has been offered. (AP)

“Obviously the school is named after the first female senator, not the lead singer of Wilson Phillips.”

— JOHN SHEA, SUPERVISOR AT CAIRINE WILSON SECONDARY SCHOOL IN OTTAWA, CANADA. CBC NEWS REPORTED SATURDAY THAT A MISTAKE ON A SCHOOL SIGN LED TO LETTERING THAT READ “CARNIE WILSON” INSTEAD OF “CAIRINE WILSON” — THE FIRST WOMAN APPOINTED TO CANADA'S SENATE.

ROCK, PAPER, SCISSORS, ETC.

Stapler Beats Pruning Shears

Police say a gas station clerk with a stapler chased away a would-be robber armed with pruning shears. Photos released Thursday of the Aug. 20 robbery attempt show a 6-foot-tall, 200-pound man wearing a black ski mask and brandishing pruning shears demanding money at Starvin' Sam's in Bellingham, Wash. Employee David Kassner, a retired Army staff sergeant, refused and swung a hammer-style stapler at the man's head but missed. The man ran off. (AP)

The Big Picture



JENS MEYER/AP

FOUR FEET FOR GOOD LUCK: Rabbit Marry Lou clears an obstacle Sunday during the Kaninhop (rabbit-jumping) competition in Weissenbrunn vorm Wald, southern Germany. Competitors take part in three categories with an obstacle height ranging between 9.8 and 15.8 inches.

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THIS
WEEKObama, Biden
To Get Nods

President Barack Obama and Joe Biden will accept the Democratic nominations Thursday, the final day of the Democratic National Convention in Charlotte, N.C.

Munich
Anniversary

Germany will mark the 40th anniversary of the Munich Olympics massacre on Wednesday at the air base where 11 Israelis were killed by a radical Palestinian group.

Navy SEAL's
Book Drops

"No Easy Day: The Firsthand Account of the Mission That Killed Osama Bin Laden" comes out Tuesday. The Pentagon has warned of possible legal action against the author.

Nation

In La., Thousands Still in the Dark

For many Gulf Coast residents, Labor Day is spent cleaning up

Baton Rouge, La.

The traditional Labor Day barbecues were replaced in many communities with debris removal and damage assessments, as parishes continued to dig out from Hurricane Isaac.

More than 105,000 homes and businesses across Louisiana remained without power Monday, six days after the slow-moving storm came ashore. More than 2,500 evacuees were still in shelters, as waterways bulging with Isaac's rain and storm surge persisted.

There were small signs that conditions were slowly improving.

Schools prepared to reopen Tuesday. Plaquemines Parish officials allowed some residents in to view the storm damage in the hard-hit parish where water remained up to 4 feet deep in some areas. And FEMA was inspecting damage and taking applications across nine parishes for grants to help with housing and fill in gaps insurance won't cover.

President Barack Obama visited Louisiana late Monday to hear about the damage from local officials, view the recovery efforts and make a statement to highlight the government's role in the crisis. "We're here to help,"



Paul and Alexis Shirer walk past piles of a neighbor's flood-damaged property Monday in the Ingleside subdivision in LaPlace, La.

"I know Louisiana's a gambling state, but we don't want to gamble in this method because when you lose this way, you lose a lot."

— ED POWELL, OF LAPLACE, LA., SAYING THAT THE DESTRUCTION LEFT AFTER HURRICANE ISAAC WAS ENOUGH TO MAKE HIM QUESTION WHETHER TO STAY IN THE STATE.

\$2M

The amount in federal aid the Federal Emergency Management Agency has doled out to residents. That price tag is expected to grow. (AP)

Obama told residents.

Greeting the president at the airport in New Orleans were Republican Gov. Bobby Jindal; members of the state's congressional delegation, including Democratic Sens. Mary Landrieu and Republican David Vit-

ter, and Landrieu's brother, Mitch, the city's mayor.

Obama toured storm damage in St. John the Baptist Parish, where subdivisions that were submerged in water from Isaac were still draining. Republican presidential nominee Mitt Romney visited the state Friday.

Residents in LaPlace stood in line at a makeshift relief center in the Home Depot parking lot. As she held a bag of relief supplies, Dawn Brady, 43, couldn't hold back the tears.

"I'm so emotional, so sad. I know it's going to be a long road ahead,"

said Brady, whose 45-year-old house took in nearly 4 feet of water.

The garbage and standing water — combined with heat reaching into the 90s — created a terrible stench.

More than 20 breaches had been scoured into the local levees to help drain water in the vulnerable finger of land that juts into the Gulf of Mexico, and the parish brought in pumps to help empty the floodwaters.

At least seven people were killed in the storm in the U.S. — five in Louisiana and two in Mississippi.

Damage estimates were still hard to come by from state agencies, but the LSU AgCenter pegged a rough estimate of at least \$92 million in damage to crop yields, including losses in sugar cane, rice, corn, cotton and sweet potatoes — without counting livestock losses. MELINDA DESLATTE (AP)

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Nation

Organic Food Not Much Healthier

Study: Little evidence that costlier veggies, fruits are any better

Washington

Patient after patient asked: Is eating organic food, which costs more, really better for me?

Unsure, Stanford University doctors dug through reams of research to find out — and concluded there's little evidence that going organic is much healthier, citing only a few differences involving pesticides and antibiotics.

Eating organic fruits and vegetables can lower exposure to pesticides, but the amount measured from conventionally grown produce was within safety limits, the researchers reported Monday.

Nor did the organic foods prove more nutritious.

"I was absolutely surprised," said Dr. Dena Bravata, a senior research affiliate at Stanford and long-time internist who began the analysis because many of her patients asked whether they should switch.



Paying More

Organic foods account for 4.2 percent of retail food sales, according to the U.S. Department of Agriculture. The agency certifies products as organic if they meet certain requirements, including being produced without synthetic pesticides or fertilizers or routine use of antibiotics or growth hormones. Consumers can pay a lot more for some organic products, but demand is rising: Organic foods accounted for \$31.4 billion in sales last year, according to a recent Obama administration report. That's up from \$3.6 billion in 1997. (AP)

"There are many reasons why someone might choose organic foods over conventional foods," including environmental concerns and taste preferences, Bravata said.

But when it comes to individual health, "there isn't much difference," she said.

Her team did find a notable difference with antibiotic-resistant germs, a public health concern because they are harder to treat if they cause food poisoning.

Specialists long have said that, organic or not, the chances of bacterial contamination of food are the same, and Monday's analysis agreed.

sis agreed.

But when bacteria did lurk in chicken or pork, germs in the non-organic meats had a 33 percent higher risk of being resistant to multiple antibiotics, the researchers reported Monday in the journal *Annals of Internal Medicine*.

That finding comes amid debate over feeding animals antibiotics to fatten them up. Farmers say it's necessary to meet demand for cheap meat. Public health advocates say it's one contributor to the nation's growing problem with increasingly hard-to-treat germs.

LAURAN NEERGAARD (AP)



Politics of Pot: The home state of the president who didn't inhale has become an unlikely front in the battle over medical marijuana. This fall, Arkansas will be the first Southern state to ask voters whether to legalize medical uses for pot. The state's top elected officials and law enforcement agencies oppose the idea, but legalization groups hope the referendum shows that medical marijuana is no longer solely the domain of East Coast or Western states. (AP)

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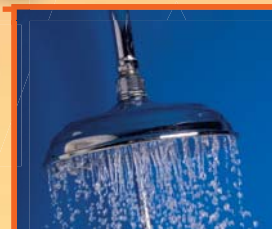


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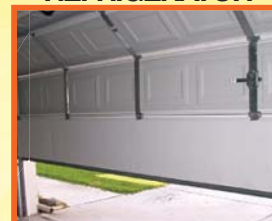
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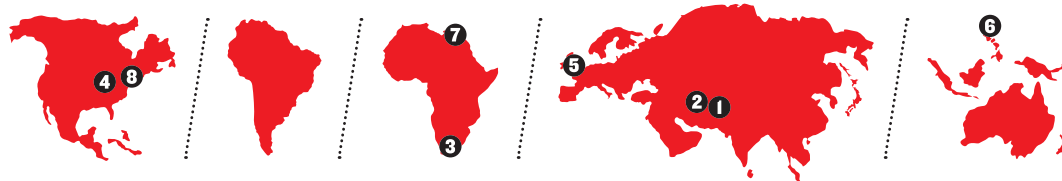
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Weekend Review



1 ISLAMABAD

Cleric Accused of Framing Girl in Koran Incident

A Pakistani Muslim cleric is accused of stashing pages of a Koran in a Christian girl's bag to make it seem like she burned the book, a twist in a case that caused an international outcry. Khalid Chishti was arrested Saturday after a member of his mosque went to police. (AP)

2 KABUL, AFGHANISTAN

Afghans' Training Halted For Background Checks

The U.S. military has halted the training of some Afghan forces to dig deeper into their backgrounds following a surge of insider attacks on coalition allies, officials said Sunday. The move shows how the attacks have the potential to derail the U.S.-Afghan security handover. (AP)

3 JOHANNESBURG

Official: Murder Charges Dropped for 270 Miners

South Africa's top prosecutor said Sunday that she is withdrawing controversial murder charges against 270 miners for the killings of 34 striking co-workers shot dead by police on Aug. 16. The shootings were the worst display of state violence since apartheid



THE QUAD CITY TIMES/AP

4 Air Show Horror in Iowa

A training plane nosedives into a field Saturday in Mount Joy, Iowa, at the Quad-City Air Show. Spectators watched 59-year-old Glenn Smith's plane erupt into flames, killing Smith. Nobody on the ground was hurt. The crash is under investigation.



5 "Those responsible for this suffering and loss of life should be treading the same path as some of their African and Asian peers who have been made to answer for their actions."

— **DESMOND TUTU**, IN AN OP-ED IN SUNDAY'S OBSERVER NEWSPAPER IN LONDON, CALLING FOR TONY BLAIR AND GEORGE W. BUSH TO FACE PROSECUTION AT THE INTERNATIONAL CRIMINAL COURT OVER THE IRAQ WAR

6 MANILA, PHILIPPINES

Villagers Return Home After Strong Quake

Thousands of villagers who fled their coastal homes during a powerful earthquake in the central Philippines returned home Saturday, officials said. The magnitude-7.6 quake struck late Friday, killing one person, knocking out power and spurring panic about a tsunami that ended up generating tiny waves. (AP)

7 CAIRO

Egypt Lifts Ban on Veils For State TV Anchors

A female Egyptian news presenter appeared on state television wearing a veil for the first time Sunday after the Islamist-led government lifted an effective ban that had been in place for decades under secular-leaning regimes. It was the latest official move to make changes in state-controlled media. (AP)

8 BUFFALO, N.Y.

191

The number of chicken wings that competitive eater Joey Chestnut devoured Sunday in 12 minutes, a record. Earlier this year, he won his sixth-straight Fourth of July hot dog-eating contest with 68 dogs in 10 minutes. (AP)

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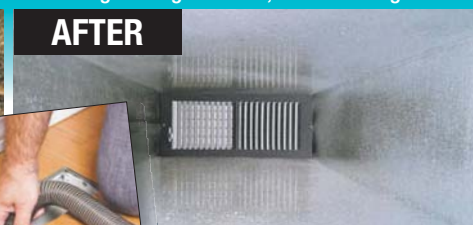
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Syria Reinforces Combative Tone

Official: No dialogue with rebels until opposition is crushed

Beirut

The Syrian regime said Monday there will be no dialogue with the opposition before the army crushes the rebels, the latest sign that President Bashar Assad is determined to solve the crisis on the battlefield even if many more of his people have to pay with their lives.

The statement comes a day after activists reported that August was the bloodiest month since the uprising began in March 2011: About 5,000 people were killed in August, the highest toll in the 17-month-old uprising and more than three times the monthly average.

"There will be no dialogue with the opposition prior to the Syrian



Meanwhile ...

Bystanders crowded a scene in the Damascus suburb of Jaramana, where officials said a bomb attached to a taxi blew up Monday, killing five people and wounding 23. Elsewhere in Syria, activists said more than 100 people were killed — many of them in two air raids that knocked out large parts of buildings in the northern province of Aleppo. Scattered violence also was reported in the region of Deir el-Zour in the east, Daraa in the south and Idlib in the north. (AP)

army's imposition of security and stability in all parts of the country," Information Minister Omran al-Zoebe said in Damascus.

The opposition has long rejected any talks with the regime until Assad is removed from power.

Muhieddine Lathkani, an opposition figure based in Britain, responded to the minister's comments by saying "the key to any dialogue will be the departure of Assad and dismantling of the regime's security agencies that committed all these crimes."

Earlier in the day, the new U.N. envoy to Syria acknowledged that brokering an end to the civil war will be a "very, very difficult" task.

Lakhdar Brahimi, 78, a former Algerian official, replaced former U.N. secretary-general Kofi Annan as the U.N.'s special envoy in the Syrian crisis. BASSEM MROUE (AP)

In Brief

JOHANNESBURG

4 Injured at Gold Mine As Violence Spreads

South African police and security guards fired rubber bullets and tear gas Monday at sacked gold miners who were attacking colleagues to block them from working, the mine owner said. Police said four people were wounded at the mine, the latest violence to hit South Africa's mines in months of unrest. (AP)

PESHAWAR, PAKISTAN

Official: 2 U.S. Diplomats Saved From Suicide Blast

Quick action by Pakistani forces saved the lives of two U.S. diplomats and two Pakistani U.S. consular staff members whose armored vehicle was attacked by a suicide car-bomber in Peshawar on Monday, a U.S. Embassy official said. The attack killed two Pakistanis and wounded 21 others, police said. (TWP)



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Visit: www.niaid.nih.gov/Volunteer/flu/Pages/VICstudy.aspx



World



ALEXANDRE MENEGHINI/AP

A city worker prepares eggs for sale last month as people line up in Mexico City.

Mexicans Scramble Amid Egg Shortage

Mexico City

It is the Great Mexican Egg Crisis, and it will not be over easy, though there will be puns, especially in the Mexican press, which is cracking a lot of jokes.

But seriously: The public here is faced with an extreme shortage of eggs in a country that had the world's highest-per-capita egg consumption in 2011. Mexicans eat more than 400 eggs a year, according to Mexico's National Poultry Industry.

The shortage has led to hoarding, price spikes and two-hour lines to buy eggs. Some retail outlets limit how many cartons a day a person can buy.

An outbreak of AH7N3 avian flu is partly responsible. The deadly virus was detected in June, leading to the slaughter of 11 million chickens to prevent its spread.

About half of all Mexicans still live in poverty, meaning the slightest change — a few pennies in the cost of tortillas, beans, cooking oil and eggs — can send shudders through the population.

"This is no joke, because Mex-

Backstory

Because of Mexico's mass culling of chickens to prevent the spread of bird flu, and stoked by price gouging and the soaring cost of chicken feed, the price of eggs has doubled this summer in Mexico — on average from less than 20 pesos to more than 40 pesos a kilo, or from \$1.50 to \$3. There are about 16 or so eggs in a kilo. (TWP)

icans like their eggs, and the price of eggs is the price of breakfast, and it is breakfast that gets children to school, people to work," said Carmen Moreno, who tends a food stall in Mexico City.

Few cultures have done more marvelous things with breakfast eggs than Mexican cuisine, which serves them with beans, chiles, onions, salsas and tortillas.

The federal government's Office of the Consumer began a public health campaign last week that offered menus for egg-free breakfasts. Adios huevos rancheros; hola bananas with yogurt.

WILLIAM BOOTH (THE WASHINGTON POST)

\$90 The fine in Lebanon for individuals caught smoking in enclosed public places under a law that took effect Monday. Restaurant owners, who would also face a \$900 fine for hosting violators, and employees staged a sit-in to protest the ban, as many Lebanese are used to smoking cigarettes and puffing on water pipes in public. (AP)

Cover Story

DEMOCRATIC NATIONAL CONVENTION



DAVID GOLDMAN/AP

Delegates gather as the Democratic convention opens Monday in Charlotte, N.C.

A Second Impression

People remember the hope and the history. Forgotten, it seems, is what Barack Obama said when he won in 2008: "The road ahead will be long. Our climb will be steep. We may not get there in one year, or even one term. But, America, I have never been more hopeful than I am tonight that we will get there." As Democrats convene this week in Charlotte, N.C., his message of hope will be there, but the pitch is a lot more hang-in-there-with-me. Polls show a close contest, and he faces historic odds — no president has won re-election with a jobless rate as high as the current 8.3 percent — as well as the GOP's formidable nominee, Mitt Romney, who is capitalizing on growing voter resentment. (AP/EXPRESS)

FIGHTING WORDS

Coming on the heels of the GOP convention in Tampa, Fla., the Democrats will strive to counter the salvo of attacks from the GOP:

'We Built It': The GOP rallying point last week repeatedly pummeled President Barack Obama for his remark that business owners "didn't build that." Obama advisers suggested Sunday that they will try to turn the tables on their rivals by accusing them of being dishonest about what Obama meant.

Women's Issues: The Democrats are likely to emphasize abortion rights as the GOP platform took a hard stance against abortion. Sandra Fluke, the law student whom Rush Limbaugh called a "slut" for supporting Obama's health-care effort requiring private institutions to provide contraception coverage, is also scheduled to speak. (TWP/AP)

The Lineup

Tuesday



► **Michelle Obama:** The likable first lady will remind voters of her husband's nonpolitical side.

► **Rahm Emanuel:** Barack Obama's former chief of staff, now the mayor of Chicago, returns to the national stage.

► **Julian Castro:** San Antonio's mayor, the party's first Hispanic keynote speaker, will appeal to fellow Latinos.

Wednesday



► **Bill Clinton:** Still enormously popular, Clinton is likely to recall the prosperity he oversaw in the '90s while defending Obama.

► **Elizabeth Warren:** The Massachusetts Senate hopeful, a loud critic of Wall Street, is a rising star in the party.

Thursday

► **Joe Biden:** He still holds sway with white working-class voters who are struggling in the current economy.

Other Speakers



► **Nancy Pelosi:** She gave Democratic colleagues the OK to focus on re-election and skip Charlotte,

but the House minority leader isn't taking her own advice.

► **Charlie Crist:** The former Florida governor, a former Republican, will continue his political makeover.



Barack Obama:

The president accepts the nomination from his party in a speech Thursday night.

Who's Not Coming

Plenty of Democrats are opting out of the trip to Charlotte, N.C., distancing themselves from President Barack Obama. Reasons include a need to campaign in tough races of their own or to play down states where anti-Obama sentiment is growing:



AL GORE

The party's 2000 nominee is taking a pass, a dozen years after his failed White House run.



JOE MANCHIN

The West Virginia senator will skip the rally because of a busy campaign schedule.



CLAIRE McCASKILL

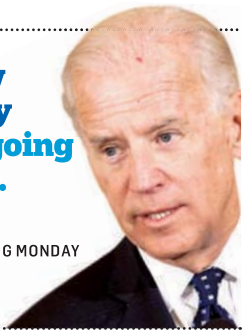
The Missouri senator is trying to capitalize on the fallout from GOP challenger Todd Akin's rape remarks.

Digging Deep

A 25-foot sand sculpture of President Barack Obama brings the beach to the Democratic convention's host city. Charlotte is nearly 200 miles from the sea, but the visitors bureau for Myrtle Beach, S.C., paid \$30,000 to build the sculpture with fine grain sand from South Carolina. (AP)

"Look, folks, we know who built this country and we know who is going to rebuild it. It's you ... We owe you."

— VICE PRESIDENT JOE BIDEN, SPEAKING MONDAY TO UNIONIZED WORKERS IN DETROIT



Voices From Md., Va.



MARTIN O'MALLEY

Maryland's governor, who is steadily raising his national profile, will address delegates.



TIM KAINE

The former Virginia governor, in a tight battle for a Senate seat, is scheduled to speak as well.

Why Charlotte?

Democrats chose North Carolina to underscore their determination to win the state that Barack Obama carried by only 14,000 votes in 2008. He now faces a tough fight, given statewide unemployment of 9.6 percent. Mitt Romney has a slim edge there, 47 percent to Obama's 43 percent, according to a new Elon University poll. (AP/TWP)

74K

The capacity of the stadium in Charlotte, N.C., where President Barack Obama will accept the Democratic nomination. Democrats have fretted for months over whether he can draw a full house. (AP)



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Bus Waits Frustrate Md. Riders

Metro admits need for more frequent service in Pr. George's

Upper Marlboro, Md.

Rugiatu Jalloh got comfortable in what looked to be the last open seat in the bus shelters on Campus Way South in Largo, Md. It was 3 p.m., and the benches were packed with students from nearby Prince George's Community College.

"Most of the time I have to wait," said Jalloh, a 22-year-old physical therapy student.

The wait for the C26 that afternoon was 30 minutes. She was

lucky. Other days, she can sit on the bench for as long as an hour, she said.

Such waits are common for mid-day Metrobus riders on the routes serving Central Avenue in Prince George's County. Outside of rush hours, the buses, serving a corridor that stretches from Addison Road Metro station eastward to Upper Marlboro, are scheduled to run every 60 minutes (and every 30 minutes during rush hour).

About 3,000 riders use Metro's Central Avenue buses on a given weekday, up by nearly 1,000 users in three years, Metro statistics show.

"That probably says, yes, there

"That probably says, yes, there needs to be more service out there."

— JIM HAMRE, DIRECTOR OF METRO'S OFFICE OF BUS PLANNING, SPEAKING ON THE STATISTICS THAT SHOW AN INCREASE IN BUS RIDERS IN PRINCE GEORGE'S COUNTY, PARTICULARLY ALONG THE C26 LINE

needs to be more service out there," said Jim Hamre, director of Metro's Office of Bus Planning.

But Metro and Prince George's County say they do not have the resources to increase service as much as needed.

Increased ridership in the suburbs also reflects population shifts in many metropolitan regions as jobs migrate out of city centers and low-income households move to the suburbs, said Robert Puentes of the Brookings Institution.

"People aren't always just going downtown for their jobs during the rush hours," said Puentes, a senior fellow in the Metropolitan Policy Program at Brookings. "They are going at different times, they are going for different purposes. ... So transit agencies, in some cases, are finding themselves challenged to address those kinds of trips and to adapt to these rapidly changing trends."

LUZ LAZO (THE WASHINGTON POST)

Metro Back to Normal After Intense Rains

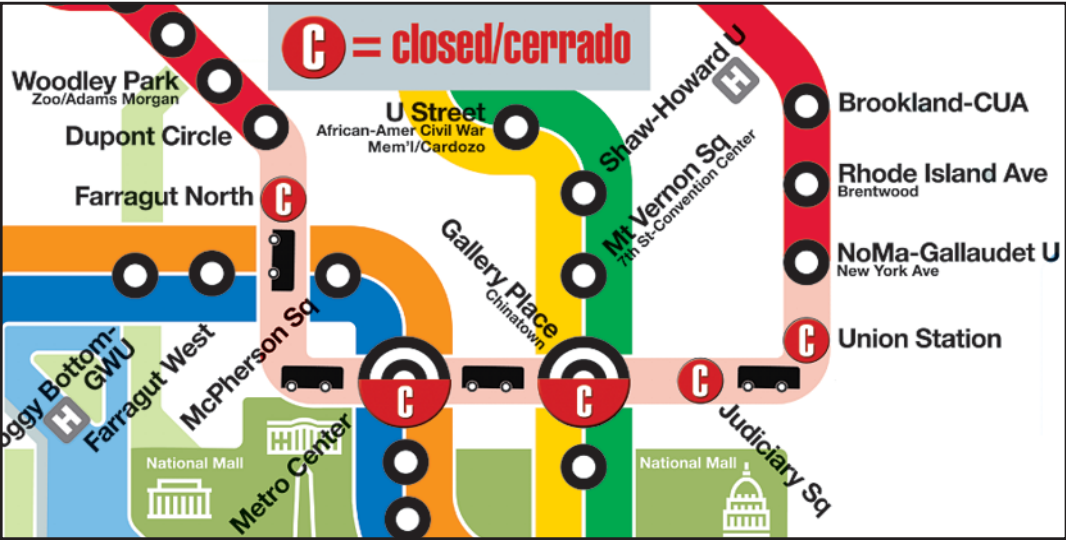
Washington

Metro says service was operating normally following heavy rains that pelted parts of the Washington region Sunday.

Caroline Lukas, a spokeswoman for Metro, says service was suspended at about 8 p.m. Sunday on the Green and Yellow lines between the Mt. Vernon Square and George Avenue-Petworth stations because of standing water on the tracks. Lukas says the water was removed and service Monday was not affected.

In D.C., flooding was reported in Bloomingdale, Adams Morgan and Mount Pleasant. (AP)

TRACK WORK THIS WEEKEND



From Friday, September 7 at 10 p.m. to Sunday, September 9 at closing: Buses replace trains on the Red Line between Dupont Circle and NoMa-Gallaudet U while Metro installs fiber optic cable and upgrades the radio system.

For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



SINGLE TRACKING THIS WEEKEND

- BETWEEN
- YL Huntington - Eisenhower Ave
 - OR Stadium-Armory - Cheverly
 - OR East Falls Church - West Falls Church

Weekend train schedules are adjusted for MetroForward rebuilding efforts.

Please allow extra travel time.

For details, go to wmata.com/alerts.

Local

D.C. Presses On for Voting Rights

City officials remain motivated despite small convention role

Washington

Four years ago, the District's Democratic Party regulars were riding high.

They trooped off to the party's Denver convention poised to nominate a presidential candidate who not only inspired the city's reliably Democratic electorate but had pledged to support congressional voting rights. Chances for a solid Senate majority meant the best chance in a generation to pass a

bill giving the District a vote in the House of Representatives — its biggest advance in suffrage since the city won home rule in 1973.

Barack Obama won the presidency with 92.5 percent of the District's vote, and Democrats won a 16-seat advantage in the Senate, but the past four years have seen mostly bitter failure for the D.C. voting rights cause. The disappointment lingers as Democratic leaders arrive in Charlotte to nominate Obama for another four years.

"I think it was a shock to everybody that nothing happened, that with all that going for us, nothing worked out," said Michael D. Brown, one of two nonvoting "shad-

Meanwhile ...

Anita Bonds, leader of the D.C. Democratic Party, admits that she's "a little bit irritated" at the slow progress on voting-rights issues and Norton's speaking snub. But she said she understands the decision, noting that "it's easy to get overlooked when you know what color you're going to be" on the electoral map. (TWP)

ow" senators elected to advocate for statehood.

City leaders, including Mayor Vincent Gray, a Democrat, have pressed for the inclusion of D.C. statehood in the Democratic plat-

form, restoring language that existed before 2004, to no avail. And while Del. Eleanor Holmes Norton, a Democrat, has typically enjoyed a brief speaking role at previous conventions to highlight the city's struggle for voting rights, this year she has not been offered a slot.

Local activists are generally treating the affronts as motivation. "We've got to go to Charlotte and make the Democrats step up," Norton told a pre-convention gathering Thursday. "We have got to do what we do every single convention. In a political universe where we are small, we need to make ourselves large."

MIKE DEBONIS (THE WASHINGTON POST)

Moon, 92, founder of Washington Times, Dies

Washington

Sun Myung Moon, a self-professed messiah who claimed millions of religious followers in his Unification Church and sought to become a powerful voice in the American conservative movement through business interests that included the Washington Times, has died. He was 92.

The Washington Times reported that Moon died in South Korea early Monday morning. He had been under treatment for pneumonia.

Moon, the son of Korean farmers, created a sprawling empire at the intersection of religion and business and became one of the world's most enigmatic and polarizing public figures.

His most prominent investment was the Washington Times, founded in 1982 as a conservative counterbalance to what Moon perceived as the Washington Post's liberal bias. The broadsheet, whose circulation reached 100,000 at its peak, became an important national voice for the conservative right.

Frederick Son-tag, a professor of religion who studied Unificationism for decades, once asked Moon whether his kingdom would crumble after his death.

"I will continue to lead the church," Moon said, "from the spirit world."

EMMA BROWN (THE WASHINGTON POST)



Moon

Have No Fear, Spread Your Cheer



MEMBERS OF THE GROUP "Make DC Smile," including founder, Mas-soud Adibpour, recently line up on 14th Street NW during morning rush hour on a mission to put a smile on the faces of commuters. He and friends have spent the past four Mondays doing this in an attempt to share happiness. | postlocal.com

The Lotteries

Monday, Sept. 3

Maryland

Mid-day Pick 3 5-2-4
Evening Pick 3 (Sun.) 1-7-6
Mid-day Pick 4 2-6-9-0
Evening Pick 4 (Sun.) 9-3-5-4
Match 5 (Sun.) 16-20-29-30-38 (11)

District

Mid-day Lucky Numbers 4-8-7
Evening Lucky Numbers (Sun.) 9-0-7
Mid-day DC 4 3-1-0-0
Evening DC 4 (Sun.) 2-0-1-9
Mid-day D.C. Five 2-1-4-5-9
Evening D.C. Five (Sun.) 3-7-8-9-4

Virginia

Mid-day Pick 3 7-1-1
Evening Pick 3 (Sun.) 6-4-7
Mid-day Pick 4 3-4-3-9
Evening Pick 4 (Sun.) 1-9-6-6
Mid-day Cash 5 (Sun.) 2-11-17-30-33
Evening Cash 5 (Sun.) 10-11-20-27-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



The HAMILTON LIVE

UPCOMING PERFORMANCES

FRIDAY, SEPT 7

LARRY KEEL AND NATURAL BRIDGE

SATURDAY, SEPT 8

THE MORRISON BROTHERS BAND
W/ CARLIE BLANTON

SUNDAY, SEPT 9

AZURE RAY W/ SOKO

THURSDAY, SEPT 13

CHASING KINGS AND DIRTY NAMES

FRIDAY, SEPT 14

ART SHERROD JR
W/ MIKI HOWARD

SATURDAY, SEPT 15

DANIELIA COTTON

SUNDAY, SEPT 16 10AM & 12:30PM

LIVE GOSPEL BRUNCH
W/ HOWARD GOSPEL CHOIR \$30

WEDNESDAY, SEPT 19

THE DEVIL MAKES THREE
W/ BROWN BIRD

FRIDAY, SEPT 21

LARRY CARLTON JAZZ TRIO

SATURDAY, SEPT 22

THE WOOD BROTHERS
W/ CHRIS KASPER

SUNDAY, SEPT 23 10AM & 12:30PM

LIVE GOSPEL BRUNCH
W/ QUEEN ESTHER MARROW \$30

SUNDAY, SEPT 23

THE BAD PLUS

TUESDAY, SEPT 25

LINDSEY STIRLING

WEDNESDAY, SEPT 26

FLOW TRIBE

THURSDAY, SEPT 27

PERPETUAL GROOVE

FRIDAY, SEPT 28

RED BARAAT

SATURDAY, SEPT 29

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Nats closer Tyler Clippard celebrates Monday's 2-1 win over the Cubs with catcher Kurt Suzuki. Clippard earned his 30th save.

Party Like It's 1969

Victory clinches D.C.'s first winning season in decades

The Nationals

The month ahead promises more celebratory occasions for the Nationals than their victory Monday afternoon, more games when they can plant a flag or maybe spray champagne. The significance of their 2-1 win over the dismal Chicago Cubs will hardly register in the standings, where they sit above every team in the major leagues.

But history and arithmetic elevated the importance of Ross Detwiler's seven dazzling innings and Adam LaRoche's upper deck home run. Their fifth win in six games nudged the Nationals' record to 82-52. Wait a second. Go back and read that win total again. Think about what it means.

The Nationals clinched the first winning season in Washington since 1969, the year Ted Williams

managed the Senators to 86 wins at RFK Stadium. Since baseball returned in 2005, the Nationals had never surpassed the 81-81 record of their inaugural season. Washington has 28 games to play. Each day that comes off the calendar heightens the chances of the city's first postseason baseball since 1933 for the team whose lead over the Atlanta Braves held steady at 6½ games.

Monday morning, manager Davey Johnson, general manager Mike Rizzo and pitching coach Steve McCatty met with Stephen Strasburg to discuss his impending shutdown (see box at right). In the afternoon, Detwiler showed what kind of firepower the Nationals' pitching staff possesses, even without its ace.

Detwiler blazed mid-90s fastballs at the Cubs, four-seamers that zipped past them and two-seamers that deadened their bats. Pitching all day with no more than a one-run lead, he allowed four hits, walked three and struck out three. He needed only 93 pitches. His seven shutout innings lowered his ERA since the All-Star break to 2.79.

Drew Storen and Tyler Clippard, the roommates at the back of the bullpen, polished off the victory. Storen pitched a scoreless

MLB SCOREBOARD

Indians 3, Tigers 2

Orioles 4, Blue Jays 0

Braves 6, Rockies 1

Rays 4, Yankees 3

Marlins 7, Brewers 3

Rangers 8, Royals 4

Phillies 4, Reds 2

Astros 5, Pirates 1

Nats 2, Cubs 1

Cardinals 5, Mets 4

eighth with help from Bryce Harper, who tracked down a fly ball at the fence. Clippard converted his 30th save, but only after injecting drama into an otherwise breezy afternoon.

He gave up a leadoff single by Anthony Rizzo, then recorded two quick outs. He worked a 1-2 count on Castillo, who fouled away everything Clippard tried. Finally, he lofted a lazy liner over Ian Desmond's glove, into shallow left-center. Rizzo, who had taken second, scored.

After Tony Campana entered to pinch-run, Clippard threw away a pickoff throw, which put the tying run on second. Having ratcheted up the anxiety, Clippard struck out Josh Vitters swinging over a changeup.

Johnson came out of the dugout and peeked at owner Mark Lerner, sitting in the front row. Johnson patted his chest and smiled, to indicate how fast his heart was beating. The Nationals lined up and shook hands, already the best team this city has seen in more than four decades, with much more to come.

ADAM KILGORE (THE WASHINGTON POST)

Nats Notes

Morse's Early Exit



Nationals slugger **Michael Morse** left Monday's game early with soreness in his right

thumb. Roger Bernadina pinch-hit for Morse in the fourth inning and went 1 for 2. After the game, Morse said he was fine and didn't want to leave the game. (EXPRESS)

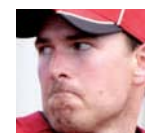
Burnett to Rest



Sean Burnett has been dealing with a "little" irritation in his throwing elbow, a likely cause for

his recent slide, and will rest for a couple of days, Nationals manager Davey Johnson said Monday. The lefty has been near-automatic for the Nationals late in games, but over the past 2½ weeks he has struggled. Burnett has allowed at least one run in five of his past seven outings and looked vulnerable. (TWP)

Duke Called Up



The Nationals called **Zach Duke** to the major leagues, where he will pitch out of the

bullpen. The Nationals wanted an extra left-handed arm in a pennant race, and they also wanted to reward Duke, an All-Star as a rookie for the Pirates in 2005 who has fallen on hard times, for the work he put in to find his old form. He had a 15-5 record with a 3.51 ERA at Class AAA Syracuse. (TWP)

Nats Sit Down With Strasburg

A day after announcing that Stephen Strasburg would start only twice more this season, Nationals manager Davey Johnson met with the ace to explain the decision. Johnson was joined by general manager Mike Rizzo and pitching coach Steve McCatty. Strasburg, who is 15-6 with a 2.94 ERA and leads the National League with 195 strikeouts, had Tommy John surgery to replace an elbow ligament two years ago. "I'm not sure any of us understand," Johnson said, "but it's the right thing to do." For months, Johnson has been peppered with questions about the Nationals' plan to limit Strasburg's innings. The ace is projected to make his final start on Sept. 12 in New York. (AP)



Sports

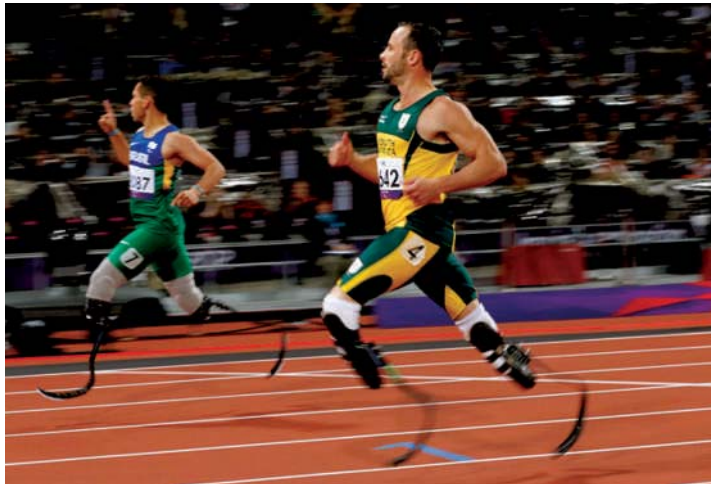
Pistorius Regrets Timing of Complaints

S. African said rival used unfair blades to win 200M final

Paralympics

Oscar Pistorius apologized Monday for the timing of his complaints about a rival's blades following his defeat in the Paralympic 200-meter final, but he insisted that officials need to change the rules to prevent some runners from getting an unfair advantage.

The so-called "Blade Runner" was surging to a third-straight 200-meter gold Sunday night when he was overtaken close to the finish by Alan Oliveira, who is also a double amputee.



Alan Oliveira, left, beat Oscar Pistorius in the 200-meter final Sunday night.

Pistorius then criticized Oliveira within minutes of the upset, claiming the Brazilian used longer carbon fiber prostheses than should be allowed. Paralympic officials insisted Monday that Oliveira did not

break the rules and that the blades had been approved, and Pistorius said he should have waited before launching his outburst.

"I would never want to detract from another athlete's moment of triumph and I want to apologize for the timing of my comments," the South African said.

The International Paralympic Committee has agreed to meet with Pistorius to discuss his grievances over the formula used to calculate the acceptable length of blades. Pistorius had the support of compatriot Arnu Fourie, who finished fourth. "Ask anyone out there — does it look out of proportion?" Fourie said Sunday. "I think 99 percent of people are going to tell you, 'Yes it does.'" (AP)

bon fiber prosthesis than should be allowed. Paralympic officials insisted Monday that Oliveira did not

Weekend Rewind



Maryland eked out a 7-6 win over William & Mary on Saturday in its football opener.

• **No. 2 Alabama dominated No. 8 Michigan 41-14 on Saturday in a marquee football game.**

• **Ryan Hunter-Reay won the Baltimore Grand Prix Sunday.**

• **The Mystics suffered their fifth-straight defeat in a 79-73 loss to the Liberty on Saturday.**

• **D.C. United's playoff hopes took a hit with a 2-1 loss on Saturday to Real Salt Lake.**

2:26 a.m.

The time, on Monday, when Philipp Kohlschreiber beat John Isner in the third round of the U.S. Open — tying the record for the tournament's latest finish. Isner left all four Grand Slam tournaments this year with five-set losses, and he didn't make it past the third round at any of them. (AP)

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Sports

Saints Play for Payton

Team plans to follow suspended coach's formula for success

Pro Football

Everyone who matters at Saints headquarters has made one thing abundantly clear: If the NFL is going to ban Sean Payton, his team will do everything possible to ensure it continues functioning precisely as the suspended coach would want.

"There isn't a difference because we're following what Sean Payton has taught us," said offensive line coach Aaron Kromer, who will fill in as head coach for the first six games as interim coach Joe Vitt serves a six-game suspension.



A Saints fan holds a photo of suspended head coach Sean Payton in the preseason.

"It is his program. It is the way he has done it."

— SAINTS OFFENSIVE LINE COACH AARON KROMER, WHO SAYS NEW ORLEANS IS USING THE SYSTEM SET UP BY SUSPENDED COACH SEAN PAYTON

ing by a team (5,505) and a quarterback (Drew Brees' 5,476). The Saints also set a record for total offensive yards with 7,474.

Saints players and coaches won't go so far as to predict the fall of more records, but they do talk as though Payton has already laid out the road map to the Super Bowl (in New Orleans this year, no less), and all they have to do is follow it when the season opens Sun-

Backstory

Sean Payton was suspended the entire season — and Joe Vitt for six games — after an NFL investigation concluded they did nothing to stop a bounty program, run by former defensive coordinator Gregg Williams, that paid cash bonuses to defenders for injuring opponents. The Saints have admitted to having a pool that paid for big, clean plays and fined players for mistakes but not to intentionally trying to hurt anyone. (AP)

day against the Redskins.

"That's our goal," safety Malcolm Jenkins said. "The pressure is on us, at least internally, to have this be a huge year." BRETT MARTEL (AP)



During Payton's six seasons, the Saints have been to the playoffs four times, including the past three seasons in a row. They have won a Super Bowl and have been to the NFC championship game twice.

The Payton era also has been defined by an elite offense that has broken numerous club and league records. The NFL records set by the Saints in 2011 include yards pass-

Williams Wins; Fish Bows Out

Tennis

Serena Williams didn't drop a game in advancing to the quarterfinals of the U.S. Open.

Roger Federer moved on with even less work when Mardy Fish pulled out of their fourth-round match Monday for precautionary reasons.

Fish missed about two months this season because of an accelerated heartbeat and had a medical procedure in May. His agent, John Tobias, said "we are not 100 percent

sure what the issue is and if it is related to his previous issues."

Williams beat 82nd-ranked Andrea Hlavackova 6-0, 6-0 in 57 minutes. It was the first time in 62 career victories at Flushing Meadows that the three-time U.S. Open champion enjoyed a "double bagel." Williams had 31 winners and just seven unforced errors.

Hlavackova, a 2011 French Open doubles champion, had never been past the second round in singles at a major tournament before this year. (AP)

TV Lineup

NATIONALS (7 P.M., MASN)

The Nats and Cubs continue their three-series run at Nationals Park.

ORIOLES (7 P.M., MASN2) The O's stay in Toronto to play the Blue Jays.

PRO BASEBALL (7 P.M., 10 P.M., ESPN) The Tampa Bay Rays host Alex Rodriguez and the New York Yankees, and the Los Angeles Dodgers take on the San Diego Padres

TENNIS (11 A.M., 7 P.M., ESPN2)

The men's round of 16 and the women's quarterfinals of the U.S. Open.



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Miranda Cosgrove,
LLS National
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Photograph by Jesse Dylan



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FOUNDATION **FOUNDATION**

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National Capital Area Walks

October 6th - Rockville Town Square

October 13th - Freedom Plaza

October 20th - Reston Town Center

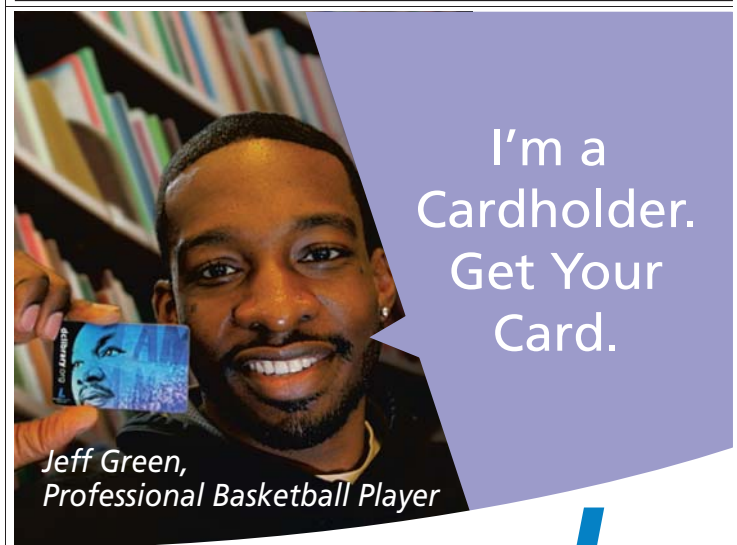
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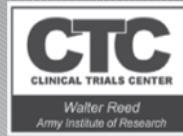
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See your weekly Gold's Gym Trainer Tip on the next page.

Go With The Flow

Locals discover that workouts on stand-up paddleboards boost strength and balance

When the Watermans Paddle for Humanity race series expanded to the District last year, event director Pete Stirling was nervous no one would show up.

"We didn't know if anyone paddled there," he says. "We just wanted to see if we could do it on the Potomac."

Stirling was shocked when more than 100 folks flooded into George-

town, armed with paddleboards, for the inaugural event. This year's race, held Aug. 25, doubled that number, making it one of the largest stand-up paddleboarding (SUP) events on the East Coast.

The sport was invented in Hawaii by surfers looking for ways to get on the water on days with disappointing waves. Over the past decade, SUP has won a broader following because it delivers one heck of a core workout and, unlike surfing, practically anybody can do it.

Now Washington is getting on board. Not only do several area boat-houses rent out SUP equipment, but

many businesses are adding speed and fitness training to the mix.

That includes Kathy Summers, founder of Stand Up Paddle DC, who got into SUP for a common reason: injury. After busting her ankle in 2009, she realized running wasn't in the cards, but SUP was similar to her physical therapy exercises. She suddenly had a new sport.

"If you can stand and walk, you can do it," Summers says. The fun comes from exploring the versatility of the boards. There's standard paddling for speed and distance, which is a popular cross-training option for runners and cyclists. You can also use the wobbling surface for yoga poses or moves you'd expect to see at a gym — burpees, squats, mountain climbers, etc.

SUP will soon be in gyms, too. PaddleFit, a program that boasts more than 300 certified instructors, has classes for the boards in the water, on land and even indoors (on SUP ergometers). And SurfSET,

a new indoor fitness format that's slated to come to the District's Mint fitness centers in November, has a SUP class on its roster.

And wherever there's water, exercise programming is popping up.

Flowga, Paddle Bootcamp and Core Paddle are all on the schedule at OC SUP Fitness, which Dawn Ehman Marohl opened in Ocean City last year to help students take the plunge (although they rarely fall in the water).

In nearby Fenwick Island, Del., DelMarVa Board Sport Adventures has offered SUP yoga since 2010. Owner Janis Markopoulos notes that many students have prior yoga experience, so it's a comfortable introduction to the paddleboards.

You can also work up a SUP

sweat during yoga and fitness classes at Ultimate Watersports, just outside Baltimore. Instructor Jessie Benson is floored by the results whenever she tries the same moves on the board that she's done in the gym. "I feel like I've worked completely different muscles," she says.

It's this fitness side of SUP that Stirling expects will grow the community in Washington.

"It's like jogging," he says. "You start doing it to get in shape, and then you want to do more. You do SUP yoga because you love being on the water. Eventually you want a goal, and something to train for."

So you show up in Georgetown ready to race — and prove that people definitely do paddle here.

VICKY HALLETT (EXPRESS)

"I feel like I've worked completely different muscles."

— JESSIE BENSON, ULTIMATE WATERSPORTS SUP FITNESS INSTRUCTOR



More than 200 people took part in the Watermans Paddle for Humanity competition on the Potomac River in Georgetown on Aug. 25. (ASTRID REICKEN/FOR THE WASHINGTON POST)

Try It! Summer isn't endless in Washington, so act fast if you want to catch a stand-up paddleboard fitness class this season. Here's how to get on the water:

Stand Up Paddle DC
(FACEBOOK.COM/STANDUPPADDLEDC)
Contact Kathy Summers to arrange a private fitness session either from the Washington Canoe Club (3700 Water St. NW) or another aquatic spot in the region.

Ultimate Watersports
(ULTIMATEWATERSPORTS.COM)
At Dundee Creek just outside Baltimore, this outfitter offers yoga classes (\$45) Wednesdays at 6 p.m. and Saturdays at 9 a.m. through the end of September. Or try the SUP boot camp (\$35) on Sept. 22 at 11 a.m.

OC SUP Fitness
(OCSUPFITNESS.COM)
The seven classes each week in Ocean City, Md., are expected to continue through early November. It's \$20 (or \$10 if you have your own board). It's \$5 for a quick lesson before any class.

baggagecheck



Pride, Prejudice Or Perception?

Q My mother is constantly making negative comments about this new guy I'm dating. I don't know what's with

her, because she's usually pretty supportive. It makes me not want to share anything with her. I've tried telling her to lay off, but she keeps at it and is being very judgmental. I'm wondering whether it's a religious prejudice, since he's from a different faith. **ANGERED DAUGHTER**

The urge to not share anything with your mother might be a good one. When someone repeatedly makes us feel bad about an aspect of our lives, as long as we're sure their concerns aren't legitimate, we need to do what we can to shut them up.

In this case, that means not bringing up this guy as much — not in a vindictive “Mom, you’ve ruined my opinion of you and I’m never telling you anything again” kind of way, but in a subtle strengthening of your boundaries. But do ask yourself whether there’s any credence to her concerns, especially because she’s been supportive before. Bigotry is unacceptable, of course, but sometimes dysfunctional relationships begin with friends and family looking on in horror at the person’s denial of warning signs.



By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book “The Friendship Fix” (friendshipfix.com).

Not Ready to Go the Distance

Q Do you think a relationship can work as long-distance when it hasn't become serious yet? A guy I've been dating for three months is taking a job transfer to Boston. Part of me is wondering if I should expend my emotional energy trying to keep something going with him. He talks about how cheap the flights are, but I don't know that I'm there yet. **STUCK**

It seems your real question is, “How can I get more serious with someone I'm not interested in getting more serious with?”

Throwing a long-distance angle into a new relationship is tough, and careful deliberations are imperative. But I'm sensing a major “meh” on your part. You've been dating for three months, not three days — motivation should be higher. When

you're into someone, your instinct is to think of ways to make it work, rather than trying to get a random psychologist to convince you. You're right that a long-distance move can change a relationship's trajectory: Some stall for years, and others hit the fast track because you're living together for a few days at a time. But first, you need to want to be in said relationship.

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To schedule an appointment with Emily or another Gold's trainer, come to a Gold's Gym location near you or visit our website.



Trainer Tip of the Week

Need to burn off those extra Labor Day induced calories? Try switching up your cardio routine and integrate three different pieces for a 45 minute fat-blasting cardio circuit session. Choose from the stationary bike, elliptical, treadmill, row or Stairmaster machines to customize your workout.



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Event Horizon

Skate Date

If you're experiencing Olympics withdrawal and can't possibly wait until Sochi 2014, you just need to hang on until Saturday at 4 p.m. Local skating star Michael Weiss is bringing a bunch of his buddies — including Brian Boitano, Kimmie Meissner and several promising local athletes — to his eighth annual “Ice Champions Live!” fundraiser at the Kettler Capitals Iceplex in Arlington. Get tickets (\$30-\$200) and more details at Michaelweiss.org.

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Really Chase Rainbows

The Color Run's first D.C.-area event lets participants change hues along the course

You must be fast if you're one of the 5,000 participants in the Color Run this Sunday at National Harbor. There's no clock on the 5K course, but the event's D.C. debut sold out in four hours, says race director Eric King.

That's a record even for this quickly growing series, which kicked off in January and will land in 50 cities this year. What's driving its popularity is also what gives the event its name: all that color.

King and friends bring along a rainbow of powder that gets tossed on the runners at each kilometer

992

The amount, in pounds, of cornstarch that will be used at each of the color stations at Sunday's Color Run.

mark, eventually covering their clothes, hair and skin with designs that look like the work of a particularly cheerful Jackson Pollock. (The scene also resembles the Hindu festival of Holi.)

The concept is similar to the mud runs that have become trendy over the past few years, only less intimidating — and less difficult.

"People are more leery of jumping into a mud-filled pond than having nontoxic powder thrown at them," King says. "It's not delicious, but it won't harm you." After experimenting with flour and a few other substances, the organizers settled on using cornstarch mixed with food coloring.

The photos and videos of smiling hordes, wearing an inordinate num-



Participants at the Color Run in Kansas City this summer show off their powder-covered attire (and skin) after running the 5K.

"Like sand when you're at the beach, it will get into every crevice you can imagine."

— ERIC KING, RACE DIRECTOR FOR THE COLOR RUN, ON THE STAYING POWER OF THE DYED CORNSTARCH THAT'S THROWN ALL OVER PARTICIPANTS IN THE 5K EVENTS

ber of tutus and often flipping out — literally — as they dash through clouds of color, have caused a social media sensation. The events live up to the hype, King promises.

At the start of the race, participants are expected to follow just one rule: Wear a white T-shirt.

"It's a sea of white," King says. "It's like they're all on the same team." With music to pump them up, they dash off to that first color zone, where anything goes. "People are rolling on the ground and doing somersaults or whatever. Lots of people make snow angels."

It's because of this lingering that

Color Run organizers decided not to focus on the clock.

"The goal is to have a good time more than getting a personal best time," he says. "When a stroller is in front of you, instead of being an obstacle, the mom pushing it is a friend running with you." And rather than a standard finish line, the race ends in a color festival, where even more powder is released.

So how do the organizers clean all the stuff up? As quickly as possible, with vacuum trucks, brooms and power washers. Participants need to take care of their own pow-

der removal, which requires some serious scrubbing.

"Like sand when you're at the beach, it will get into every crevice you can imagine," King says.

When it comes to clothes, however, King says people usually want to hold onto as much color as possible as a reminder of the run. His suggested method is to douse your shirt in vinegar, iron it, let it dry completely and then wash it. ("It gets a tie-dye look," he says.)

The other option is just to do the Color Run again. It's back at National Harbor — and also already sold out — on Oct. 21. And King vows to return next year with an expanded schedule, including a stop in Baltimore.

If you can't wait, spectators are welcome Sunday, especially ones willing to volunteer with a broom.

VICKY HALLETT (EXPRESS)

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Marathon Man: Runner's World isn't typically a source of investigative journalism, but the magazine's interest was piqued when GOP vice presidential candidate Paul Ryan boasted in an interview that he'd run a marathon in under three hours. Some digging proved that he finished only one marathon and that his time was a little more than four hours. Ryan released a statement that he got a "good ribbing" from his family over the mistake. (EXPRESS)

Recipe File

GRILLED SALMON WITH CHUNKY GAZPACHO VINAIGRETTE

Ingredients

- ½ red bell pepper, diced
- ½ pound ripe tomatoes (about 2 medium tomatoes), diced
- 4-inch piece English cucumber, diced
- Kosher salt
- ½ clove garlic, smashed
- 1 tablespoon sherry vinegar
- Ground black pepper
- 2 tablespoons extra-virgin olive oil
- Four 6- to 8-ounce pieces center-cut salmon or Arctic char fillets, skin on
- Olive oil cooking spray
- Chopped fresh herbs (such as basil, chives, tarragon, cilantro or parsley), to garnish (optional)

Makes Four Servings

Heat the grill to medium.

In a medium bowl, toss together the pepper, tomatoes, cucumber and ½ teaspoon of salt. Mix well,



MATTHEW MEAD/AP

then spoon half of the mixture into a blender.

To the blender, add the garlic, vinegar, a few grinds of pepper and the extra-virgin olive oil. Puree until smooth. Add the puree to the bowl of diced vegetables, stir well and season with salt and pepper.

Use paper towels to pat dry the salmon fillets. Spray the fillets all over with the olive oil spray, then sprinkle them with salt and pepper. Arrange the fillets, skin side down, on the grill grate over direct medium heat. Cover and cook until the flesh right next to the skin looks opaque, 6 to 7 minutes.

Flip the fillets and cook until just cooked through, another 2 to 3 minutes. Transfer the fish from the grill using a wide metal spatula.

To serve, divide the sauce among 4 shallow bowls, then set a piece of salmon over each, skin side up (you can easily peel off and discard the skin at this point, if desired). Garnish with chopped herbs, if desired. (AP)



450 calories; 260 calories from fat (58 percent of total calories); 29 g fat (5 g saturated; 0 g trans fats); 115 mg cholesterol; 6 g carbohydrate; 40 g protein; 1 g fiber; 360 mg sodium.

Bad Headaches? Drink More H₂O

A study shows that staying hydrated may help ease the pain

Move over, painkillers. Drinking seven glasses of water a day may help reduce the occurrence and severity of headaches, according to a new study in Family Practice.

Researchers recruited 102 people who frequently suffered from severe or mild headaches and split them into two groups. Each group was given written instructions on how to reduce stress and improve sleep, but only one was asked to consume an extra 50 ounces of water per day.

At the end of three months, half the people in the water group reported that the additional fluids helped ease the pain and severity

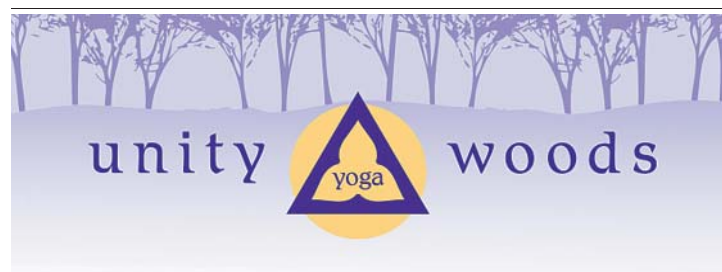
of their headaches, but only 25 percent of the control group noticed a difference. Why's that extra H₂O so beneficial? Although headaches can be triggered by factors such as stress, caffeine or even chocolate,

dehydration often plays a significant role, says Mark Spigt, Ph.D., lead study author and assistant professor at Maastricht University in the Netherlands.

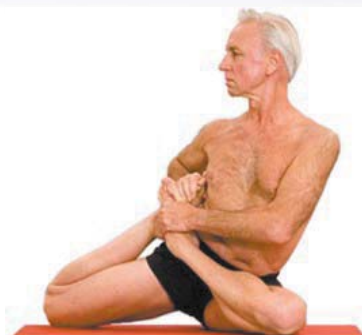
Sure, you may still need to pop an Advil every once in a while, but staying hydrated will almost always help eliminate a big headache trigger, he explains. **MADLINE HALLER** (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

7

The number of glasses of water to drink each day to reduce the frequency and severity of headaches.



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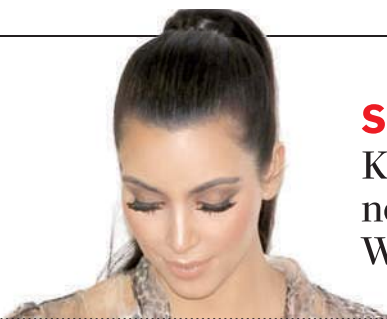
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lookout



Sanctity of a 'Star'
Kim Kardashian will not get a star on the Walk of Fame **39**

Sound Bets



A Vinyl Link

I received a 7-inch vinyl record in the mail last week. And I'll never play it. I like the artist, avant-rock icon Roger Miller (from Mission of Burma), and the songs, "Big Steam" b/w "Dream Interpretation," which I listened to on the Good Road record label's Soundcloud page. But the



By Christopher Porter

vinyl comes with a free MP3 download, so if you buy the record, you need not play it, either.

Then what's the point of vinyl in 2012?

Let's skip the "vinyl sounds better" debate; digital media sounds fine enough. It comes down to ownership: People still cling to physical objects. Part of that is because we're used to handing over money and receiving an actual product, not "non-transferable rights" to use the music for as long as you're alive, which is actually what you agree to when you buy digital content from iTunes and Amazon.

Even though you won't have access to your 7 inches after death, your heirs will. It's unclear whether that will be the case with your digital library. Until those rights are ironed out, viva la vinyl.

► Mission of Burma plays the Black Cat on Sept. 8

@ Read Christopher's previous columns at: expressnightout.com/soundbets

THE WINNERS



\$1.05 billion of Hollywood's overall summer haul

Comic books proved big at the box office, as "The Dark Knight Rises" and "The Avengers" accounted for nearly one-fourth of summer's total domestic revenue.

EXPRESS PHOTO ILLUSTRATION

THE LOSERS



Only made **\$122 million** combined

"Total Recall" and "Battleship" flopped, each earning less than \$66 million in the U.S.

Hollywood's So-So Summer

After starting out strong, blockbuster season fizzles out

Film

Studio executives expected their biggest summer ever this year as they loaded up on huge action movies and superhero franchises.

What they got were two colossal blockbusters, a handful of back-up hits and plenty of duds that just didn't deliver, resulting in what may prove to be the lowest summer movie attendance in 20 years.

While domestic revenues are projected to come in as the second-best ever, the number of tickets sold

shrank to about 532 million from the first weekend in May through Labor Day, down 4 percent from summer 2011, according to box-office tracker Hollywood.com. If that holds by the time final ticket sales are counted, that would be the smallest audience Hollywood has packed in for its busiest season dating back to 1993.

Revenues should finish at \$4.27 billion, down 3 percent from the record of \$4.4 billion set last summer, says Hollywood.com analyst Paul Dergarabedian.

"On paper, the summer of 2012 looked like a clear record-breaker," Dergarabedian says. "But the audience is what makes and breaks the summer, and they didn't come out

532M

The estimated number of movie tickets sold this summer, the lowest number since 1993, according to Hollywood.com. (AP)

in the numbers we expected."

Before this summer arrived, Hollywood was on a box-office tear, with revenues up as much as 20 percent over 2011's. But instead of beating last summer's record, revenues fell for the first time in seven years.

The picture gets worse factoring in higher admission prices. While revenues this time were well above the \$3.6 billion haul in 2005 — the last time summer dollars dipped —

this season's 532 million admissions is well below the 563 million tickets sold in summer 2005.

It's especially disappointing considering "The Avengers" launched with a record \$207.4 million debut in May. "The Dark Knight Rises" was the mid-summer hit, earning about \$430 million. The two films combined to make \$1.05 billion, nearly one-fourth of Hollywood's overall summer haul.

The upside is that revenue for the year is 4 percent ahead of 2011's, while attendance is up 3 percent. Hollywood hopes to build on that with a strong fall lineup that includes James Bond, the "Twilight" finale and "The Hobbit: An Unexpected Journey."

Of course, studio bosses had the same hopes for summer.

"We had a couple of movies ourselves that didn't meet expectations," says Dan Fellman, head of distribution at Warner Bros. "There's the old cliché, nobody starts out to make bad movies. But we are looking at a very strong fall and Christmas ahead." DAVID GERMAIN (AP)

entertainment **lookout**

'Green Mile' Star Dies at 54

Obituary

Michael Clarke Duncan, the hulking, prolific character actor whose dozens of films included "The Green Mile" — for which he was nominated for an Oscar for his performance as a death-row inmate — and such other box-office hits

as "Armageddon," "Planet of the Apes" and "Kung Fu Panda," died Monday morning at age 54.

Duncan died at Cedars-Sinai Medical Center in Los Angeles, where he was being treated for a heart attack, said his fiancée, Omarosa Manigault, in a statement released by publicist Joy Fehily.



CARLO ALLEGRI/AP

Michael Clarke Duncan died Monday after suffering a heart attack July 13.

The muscular, 6-foot-4 Duncan, a former bodyguard who turned to acting in his 30s, "suffered a myocardial infarction on July 13 and never fully recovered," the statement said. "Manigault is grateful for all of your prayers and asks for privacy at this time."

Duncan had a handful of minor roles before "The Green Mile" brought him an Academy Award nomination for best supporting actor. The 1999 film, based on the Stephen King novel of the same name, starred Tom Hanks as a corrections officer at a penitentiary

in the 1930s. Duncan played John Coffey, a convicted murderer with a surprisingly gentle demeanor and extraordinary healing powers.

Born in Chicago in 1957, Duncan was raised by a single mother. When she became ill, he dropped out of college and worked as a ditch digger and bouncer to support her. By his mid-20s, he was in Los Angeles when the murder of rapper Notorious B.I.G., for whom Duncan had been hired to protect before switching assignments, led him to quit his job and pursue acting full time. STEVE LOEPER (AP)

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TV tonight **lookout**

'Dragons' Takes Flight

The film 'How to Train Your Dragon' gets a small-screen spin-off

Animation

CARTOON 7:30 Is there a downside to peace? In the Viking kingdom featured in the animated series "Dragons: Riders of Berk," the price of tranquillity runs high.

Inspired by the movie "How to Train Your Dragon," "Berk" asks us to imagine a world where dragons and people have become friends. This seems like a plus, until the friendly giant lizards start scaring the barnyard animals. The kids know the dragons mean no harm and can be fun playmates — particularly while sledding down mountains — but try telling that to sheep.

Lead characters Hiccup (Jay Baruchel) and Astrid (America Ferrera) are old enough to ride fire-breathing monsters like all-



In "Dragons: Riders of Berk," kids including Astrid, left, treat dragons as playmates.

terrain vehicles but too young to find the opposite gender anything but icky. Give them a few years, and they'll probably outgrow their lizard-loving and start fixating on each other.

The animation has that crisp, cold, video-game quality you've come to expect of these productions. The animals and the Vikinglike adults seem bulbous

and top-heavy, as if waiting for some 3-D effect to kick in. They stand on tiny legs and frequently fall over. They also speak in a confusing array of accents that shift from Scotland to Norway by way of Minnesota. If you listen hard, you can hear Tim Conway, Stephen Root and Mark Hamill among those providing voices.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

Best Bets

BRAVO 9:00

Flipping Out The sixth season returns with demanding designer Jeff Lewis, right, and his ever-changing yet always entertaining staff at Jeff Lewis Designs. The business continues to focus more on interior design than house flipping.



FOX 9:00

MasterChef In the opener of the two-part season finale, the three remaining chefs create dishes that reflect their personalities and love of food. Judges Gordon Ramsay, Joe Bastianich and Graham Elliot decide their fate.

LIFE 10:00

The Week the Women Went The men have finally gotten their daughters ready for the Miss Sweet Carolina Pageant — or have they? Pageant night arrives with crises and an unexpected outcome.

USA 10:00

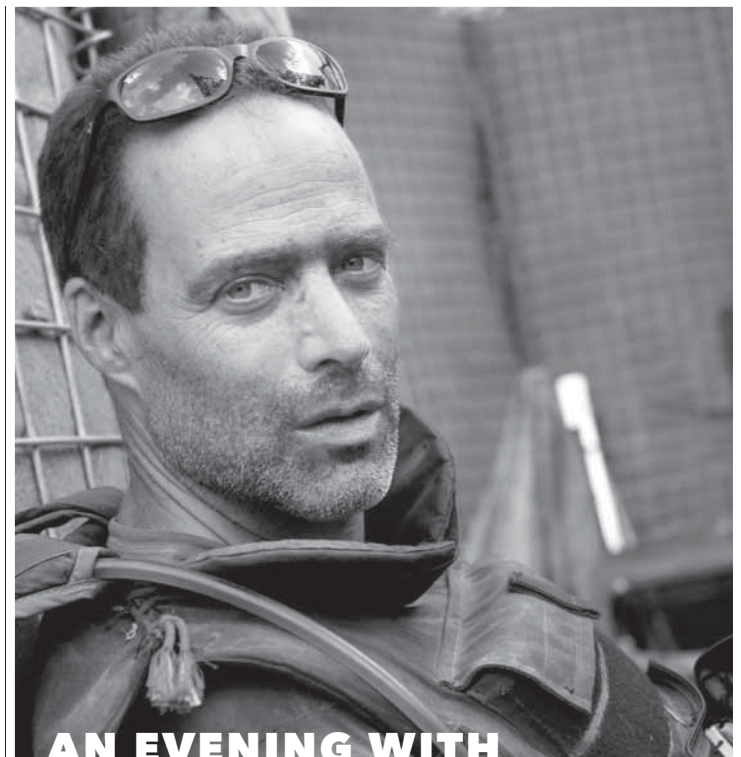


Covert Affairs After it's discovered that Jai was investigating Simon Fischer when he was killed, bringing Simon in becomes Arthur's top priority. In the hopes of protecting Simon, Annie (Piper Perabo, left) requests that she be allowed to bring him in herself. (TRIBUNE MEDIA)

Miniseries

Girl in a 'Coma'

In the conclusion of the two-part miniseries "Coma" (A&E, 9 p.m.), Susan (Lauren Ambrose, below) persists in looking for evidence of something sinister at the Jefferson Institute. As a dark conspiracy closes in around her, Susan is forced to fight a terrifying and solitary battle for survival. (TM)



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The zoo animal worth leaping over a concrete barrier to play with.



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unions **lookout**

Everette Callaway, Brittani Saafir

Everette, 27, is a revenue analyst. Brittani, 25, is earning her Ph.D. in sociology. They live in Hyattsville, Md.

THE MAIN EVENT: They'll seal their love in Cleveland, Ohio, on Sept. 16 by jumping the broom.

HOW THEY MET: Through a mutual friend when they were both students at Howard University.

FIRST IMPRESSIONS: "He was this dorky guy with a deep voice and a super-Southern accent."

FIRST DATE: They saw the play "Joe



Turner's Come and Gone," by August Wilson, on campus.

HOW HE PROPOSED: After a trip to Philadelphia for her birthday weekend, which Everette called "Brittani-palooza."

MOST STUPID FIGHT: "We got into the longest argument about me wearing a CamelBak filled with wine to a college reunion tailgate event. She was sooo embarrassed, but we survived."

PET NAMES: She is "Lil Dude," "Kiddeaux" or "Boo Bear." He's "Honey Bun."

THEIR SONG: "Someone" by Musiq Soulchild. "The song came out during a time when we were defining what we are to one another," Everette says.



Tirezah O'Beirne, Chip Weiskotten

Tirezah, 30, is a media management specialist at National Geographic. Chip, 30, is a communications manager at the Wildlife Conservation Society. They live in D.C.

THE MAIN EVENT: Sept. 8 in Portland, Maine.

HOW THEY MET: At a post-kickball game party. "Chip looked like a total goofball, but he had a gigantic smile and invited me to dance even though I was on the other team."

FIRST DATE: Cactus Cantina.

HOW HE PROPOSED: On the steps of the Jefferson Memorial, after her birthday dinner.

MOST STUPID FIGHT: Where to put their board games (she'd suggested the kitchen).

WHEN HE KNEW: After their first overnight trip. "If a girl could make Allentown fun, she's a keeper."

MAKING IT UNIQUE: Tirezah's dad is hand-crafting a Jefferson Memorial cake topper. "The last update I got was, 'Well, I'm no architect,' so we'll see how it turns out!" she says.

Kristin McGough, Stanley Woodward Jr.

Kristin, 30, and Stanley, 29, are both attorneys. They live in Columbia Heights.

THE MAIN EVENT: They're tying the knot Sept. 8 in D.C.

HOW THEY MET: In law school at

Catholic University of America.

FIRST IMPRESSIONS: "I'm not sure he ever left the library," Kristin says. "Kristin sat in the back row and called out answers without raising her hand. Super annoying, but she was always right," Stanley says.

FIRST DATE: A study date, with carry-out Chinese and a bottle of wine.

FIRST KISS: "I had recently ended a long-term relationship and cared too much about Kristin to start something that wasn't serious. She



agreed, but told me she wasn't willing to wait."

HOW HE PROPOSED: During a trip to Jamaica, while playing Gin Rummy and drinking Red Stripe.

MOST STUPID FIGHT: When he forgot the spice packet for tacos: "She refused to eat them."

MAKING IT UNIQUE: Their reception features a four-course "tasting menu," with dishes symbolizing different moments in their relationship.

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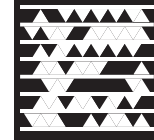


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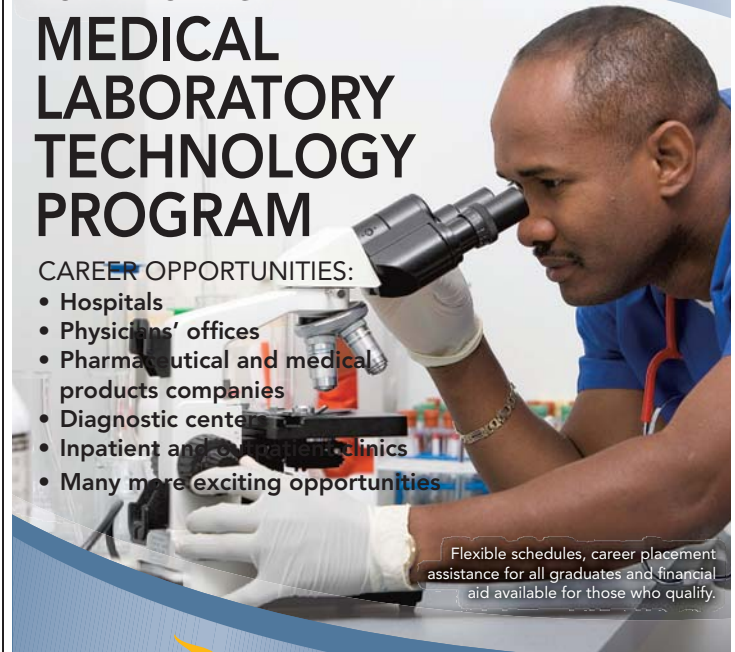


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PETS

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We Give \$600 OFF We Give \$800 OFF

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\$0
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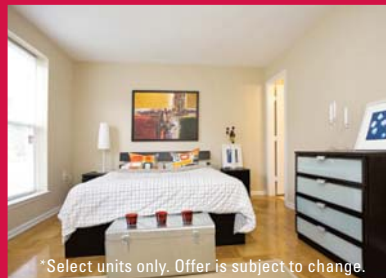
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\$30 Application Fee

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**Blog
Log**



“Paper plates were the only thing you brought to the cookout. But somehow you scurried off with 13 plates of food. You’re not a good friend.”

— @CUFFSTHELEGEND can’t stand it when people don’t show courtesy when it comes to holiday week-ends and get-togethers that involve food.

“MTV has dropped this new photo from Tom Hooper’s adaptation of Broadway hit, ‘Les Miserables.’ Since I’m not exactly a Les Mis aficionado, it’s hard for me to put this scene into context. ... between this and the harmonizing dwarfs of ‘The Hobbit’ coming out on the same day, expect to hear a lot of singing come December 14th.”

— TRAVIS HOPSON AT PUNCHDRUNK CRITICS.COM thinks the fall season will give the summer blockbusters a run for their money in Hollywood at the box office.

“Say it ain’t so! RT @News8NewsTalk: ‘My career is almost over,’ @tomsherwood tells @kojoshow. @dcrty, call your office.”

— @NICKPISANODC would be upset to see the longtime Washington newsman leave his job as a reporter for NBC4 and columnist for the Current newspapers, as Sherwood mentioned on WAMU. Dcrty.com is a website that specializes in D.C. media rumors.

“Australian TV host Sam Newman was talking trash about taekwondo during the 2012 Olympics so ... two members of the Taekwondo Olympic team decided to teach him a lesson. Lesson learned: Never comment on a sport before you try it.”

— BROSOME.COM offers advice to Newman, a sports commentator who called the martial art the most ridiculous thing he’s ever seen. Over the weekend, Olympians Safwan Khalil and Carmen Marton made an appearance on his program, “The Footy Show,” and administered a demonstration that left Newman in a heap.

“While the idea of [Bruce] Willis battling Apple in order to hand over his MP3s to his daughters sounds a little absurd, it could well set a precedent which shapes the future of digital rights. In the meantime, though, let’s watch Willis singing ‘Under The Boardwalk,’ which must be top of the list of songs he wants to keep in the family.”

— JAMIE CONDLIFFE AT GIZMODO.COM remarks on a report at the Daily Mail that the actor “is said to be considering legal action against technology giant Apple over his desire to leave his digital music collection to his daughters.” Under Apple agreements, users do not technically own their music, but borrow it under a license.

Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can’t, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

There is a chance of receiving placebo (an inactive sugar pill).

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www.clinicaltrials.gov

Study #: 10-AA-0046



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Horoscope

VIRGO (Aug. 23-Sept. 22) You may be after something that is, for whatever reason, prohibited or simply unavailable. It's time to reshape some of your desires.

LIBRA (Sept. 23-Oct. 22) You may not feel as though you can win the game, but that is premature. Your staying power can surely serve you well.

SCORPIO (Oct. 23-Nov. 21) A certain project may not be going exactly as planned—but is that because of a personnel problem, or a misuse of available resources?

SAGITTARIUS (Nov. 22-Dec. 21) Communication will be made easier today as a result of proximity, if nothing else. Clarity is also enhanced, too.

CAPRICORN (Dec. 22-Jan. 19) It's important that you have something to fall back on if your primary plan doesn't work as expected. You mustn't simply stop!

AQUARIUS (Jan. 20-Feb. 18) You may have to tend to more than expected today—but you have what it takes, and can work long after others have called it a day.

PISCES (Feb. 19-March 20) You may feel as though things are being said in a way that is designed to be impossible to decipher. This may simply be a delusion.

ARIES (March 21-April 19) Forces beyond your immediate control will surely have an effect on the results of your own efforts—but this will not be permanent.

TAURUS (April 20-May 20) You may be sending mixed signals and not even know it. Someone else is wondering if you really mean what you are saying.

GEMINI (May 21-June 20) A new idea is likely to be met with approval—but not in all quarters. Some will object because it is your idea, not theirs.

CANCER (June 21-July 22) You cannot fool those who know you best, and one person in particular will seem to know exactly what you are up to and why.

LEO (July 23-Aug. 22) He or she who plays an important role in your affairs today will be deserving of special favor when you have a chance to give it.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 220

E ₁	I ₁	N ₁	N ₁	R ₁	T ₁	V ₄

--

 RACK 1

E ₁	O ₁	U ₁	Y ₄	N ₁	J ₈	R ₁

--

 RACK 2

Double Word Score

E ₁	I ₁	K ₅	P ₃	F ₄	C ₃	T ₁

--

 RACK 3

E ₁	I ₁	U ₁	N ₁	W ₄	S ₁	R ₁

--

 RACK 4

1st Letter Triple

Friday's Solution

U ₁	P ₃	F ₄	L ₁	I ₁	N ₁	G ₂
S ₁	K ₅	E ₁	T ₁	C ₃	H ₄	
M ₃	I ₁	S ₁	S ₁	T ₁	E ₁	P ₃
E ₁	N ₁	V ₄	I ₁	R ₁	O ₁	N ₁

 PAR SCORE 205-215

 RACK 1 = 63
 RACK 2 = 75
 RACK 3 = 72
 RACK 4 = 60
 TOTAL 270

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	6	1	4	9		2	7	
		2	8		5	1		
5				6		9		8
	3				9		2	4
7	5			2			9	1
4	2		6				8	
6		4		3				2
		3	5		8	4		
	8	5		4	6	3	1	

Friday's Solution

7	1	4	3	2	8	9	6	5
3	6	9	1	7	5	4	2	8
2	5	8	9	4	6	1	7	3
1	7	5	6	3	9	8	4	2
6	9	3	4	8	2	7	5	1
4	8	2	7	5	1	6	3	9
5	2	1	8	6	4	3	9	7
9	3	6	2	1	7	5	8	4
8	4	7	5	9	3	2	1	6

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

82 | 74

Today: Showers and a heavier thunderstorm today. A few storms tonight.

88 | 75

Tomorrow: Showers and a heavier storm tomorrow. Thunderstorms tomorrow night.

Looking Ahead

THU	FRI	SAT
93 74	87 71	86 71

Sun and Moon

Sunrise today: 6:40 a.m.
 Sunset today: 7:33 p.m.
 Moonrise today: 9:27 p.m.
 Moonset today: 10:42 a.m.

Almanac

Normal high: 84
 Record high: 98
 Normal low: 67
 Record low: 48

FORECAST BY ACCUWEATHER.COM ©2012

SAVE THE DATE

PhD in Public Policy Info Session



Please join Program Director, Dr. James Pfiffner, admissions staff and a panel of current doctoral students at the PhD Admissions Information Session on Wednesday, September 5, 7:00 p.m., at our Arlington, Va. campus.

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School of Public Policy

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✓ *Are between the ages of 21 and 60?*

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lookout puzzles

Crossword

THREE-PEATS

ACROSS

- 1 Wander widely
- 5 Wound reminders
- 10 Furnace's output
- 14 Sheltered on the sea
- 15 Parcel out
- 16 Up to snuff
- 17 "Young Frankenstein" assistant
- 18 Object of prayers
- 19 Stir up, as muddy water
- 20 Beach Boys hit
- 23 Title woman in a Jim Carrey movie
- 24 County bordered by the Thames
- 25 Herd member
- 28 Bear lairs
- 30 It's heard in Islamabad
- 31 Monopoly buy
- 33 Giant's first word
- 36 Phrase from one in debt?
- 40 "Reach for the ____!"
- 41 Rice field
- 42 One of the tides
- 43 Successful job interviewee
- 44 Horticulturist's study
- 46 Transparent, as hosiery
- 49 Play with crayons
- 51 "Can you hear me now?"
- 57 Former senior, now
- 58 Occupy time and space
- 59 Palindromic ship deck
- 60 Manner of expression
- 61 Girder fastener
- 62 Park with the engine running
- 63 Proofreader's direction
- 64 Court reporter
- 65 College head

DOWN

- 1 Attack without warning
- 2 '72 Olympics star Korbut
- 3 Million-millennia period (Var.)
- 4 Forgiving
- 5 More melancholy
- 6 Spotless

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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46	47	48					49	50						
51					52	53						54	55	56
57					58						59			
60					61						62			
63					64						65			

EDITED BY TIMOTHY E. PARKER

- 7 Dress with some flare
- 8 Campus marchers, for short
- 9 Eyelid bulge (Var.)
- 10 Bother blatantly
- 11 Dark hardwood trees, poetically
- 12 Lewis Carroll's rabbit chaser
- 13 Fax forerunner
- 21 Literary "before"
- 22 Star in Cygnus
- 25 Major airports
- 26 Satie or Estrada
- 27 Stand ____ by (watch without acting)
- 28 How some things are noted
- 29 Suffix with "baron"
- 31 Go into seclusion

- 32 Having had many birthdays
- 33 Word with "circus" or "flicker"
- 34 Enthusiastic liveliness
- 35 See from afar
- 37 Veep after Hubert
- 38 Tavern
- 39 Courageous and daring
- 43 Protection for a skater
- 44 Plastered
- 45 Amazement utterance
- 46 Pillow coverings
- 47 Ancient serf
- 48 Get away from
- 49 Horror author Barker
- 50 Actress Mary-Kate or Ashley
- 52 That woman's

- 53 Sign in the dark?
- 54 Valuable deposit
- 55 The Kinks sang about "her"
- 56 Frank and honest

Friday's Solution

1	M	A	I	S		6	L	A	M	E	S		10	C	U	S	P
2	A	R	I	A		7	I	M	I	D	E		11	A	G	H	A
3	R	E	N	D		8	O	M	E	G	A		12	C	L	O	D
4	C	A	S	H		9	I	N	O	N	E		13	C	H	I	P
5						10	U	S	E				14	H	U	E	
6						11	S	L	U	R			15				
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Today in History

1781 Los Angeles is founded by Spanish settlers under the leadership of Governor Felipe de Neve.

1969 The Food and Drug Administration issues a report calling birth control pills "safe."

1972 "The New Price Is Right," hosted by Bob Barker, premieres on CBS. (The game show later dropped the "New" from its title.)



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people **lookout**

PRIVACY

'Now Everyone Will Know I'm a Wreck. Better Publicly Announce I'm in Treatment!'

LeAnn Rimes is suing two women she claims illegally recorded a phone conversation with her and posted it online. Rimes is seeking more than \$25,000 in damages for distributing the March phone conversation. The invasion-of-privacy lawsuit was filed one day after Rimes entered an inpatient treatment facility to develop coping mechanisms, her rep said. (AP)



OUCH

Long Island Sound Emasculates Actor

Russell Crowe lost his way kayaking in the waters off New York's Long Island Sound and was picked up by the U.S. Coast Guard on Saturday. Crowe and a friend got lost and beached their kayaks nearly 10 miles from where they had set out. The U.S. Coast Guard was patrolling the area and heard Crowe call out to them, a spokesman said. (AP)

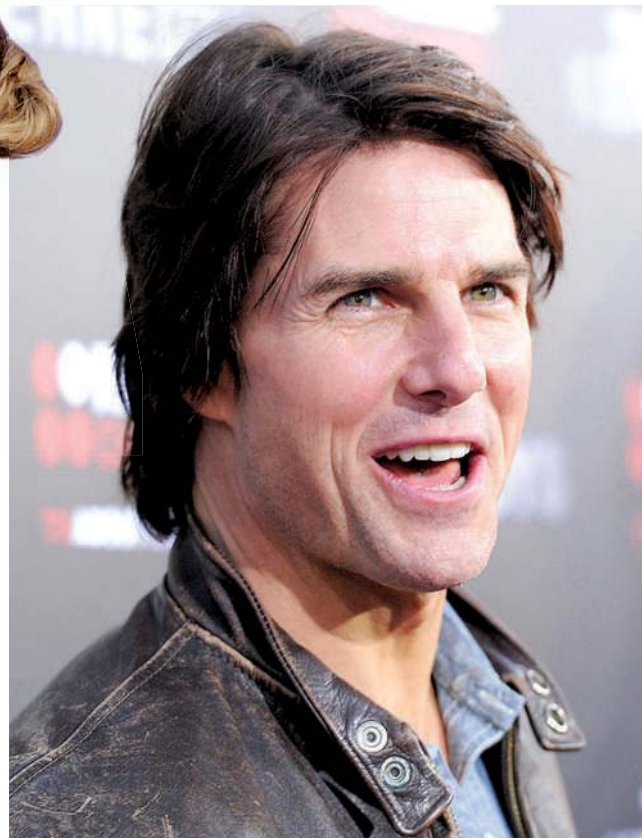


Russell was so glad to be safe he didn't notice that he left his hair in the kayak.

Victims

**Define 'Acting'**

The Hollywood Chamber of Commerce told Kim Kardashian that she isn't going to get a star on the Hollywood Boulevard Walk of Fame, according to the Hollywood Reporter. To be eligible, one must "have a career in the business of acting for five years or more," which disqualifies most reality-TV stars, including Kardashian. (EXPRESS)

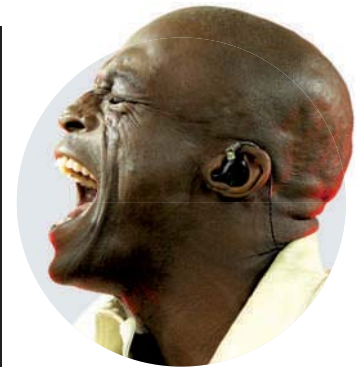


JASON MERRITT/GETTY IMAGES

YIKES

The Path To Katie: Part I

Vanity Fair reports in its October issue that the Church of Scientology tried to find Tom Cruise a girlfriend — and possibly future wife — in 2004, interviewing women and ultimately selecting actress Nazanin Boniadi, who allegedly dated Cruise from November 2004 until January 2005. She was asked to move out of his home because, she was told, Cruise "wants someone with her own power." (EXPRESS)



CLASS DIVIDE

Someone's Been Watching Too Much 'Downton Abbey'

Seal says Heidi Klum did not cheat on him, clarifying a remark about a rumored relationship between Klum and her bodyguard. "I would have preferred Heidi ... at least wait until we separated before deciding to fornicate with the help," he told TMZ.com. Seal "was merely pointing out that their separation and divorce were not final and they are still legally married," a rep told Usmagazine.com. (EXPRESS)

M.J. NOT AMUSED

Prince Harry Drunk AND Blasphemous That Night

A witness named Carrie Reichert told the U.K. magazine the People that Prince Harry was "so wasted" when the nude photos of him were taken. "He was screaming out, 'Somebody get me a glove! I'm going to do a Michael Jackson impression!'" (EXPRESS)

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